

EDMONTON

metro

®

NEWS WORTH SHARING.

780.438.8298

MakiMaki

Japanese / Vietnamese Restaurant & Lounge

The best sushi, new rolls & phở

Edmonton has to offer

8109 - 101 Street • makiedmonton.com

Open 7 Days a Week • Sun-Thu 11am-11pm • Fri & Sat 11am-2am

MAKE YOUR RESERVATION TODAY!

LOVE THE HARVEST

HARVEST CRUNCH

CRUNCHY

DATE, HONEY & ALMOND

## Hadfield comes back to Earth

Canadian astronaut lands in Kazakhstan after a 5-month mission to the International Space Station **PAGE 4**

## PASS THE CLICKER

TV VIEWERS ARE INCREASINGLY CLICKING ONTO ME-FOCUSED, SELF-PRODUCED CONTENT FOR NICHE AUDIENCES **PAGE 13**



# Province to legislate teacher deal: Minister

**97 per cent support.** Bargaining structure 'dysfunctional,' Johnson says



**ANNALISE KLINGBEIL**  
annalise.klingbeil@metronews.ca

After failing to convince all of the province's 62 school boards and union locals to ratify a labour agreement, Education Minister Jeff Johnson said the bargaining structure in Alberta is broken and he will introduce legislation to put the proposed four-year teachers deal into place.

"It is time to move on," Johnson said Monday afternoon.

Sixty-one of the province's 62 school boards voted to support the deal by the Monday deadline.

The largest board in the province, the Calgary Board of Education, refused to ratify the deal. Two ATA locals (Elk Island and St. Albert) also voted to reject the framework.

"We have done an exhaustive process over three years and like I say, with 97 per cent support we're going to respect that. It's my intention to bring in legislation (Tuesday) to allow us to move forward with this deal," Johnson said.

To be approved, the tentative deal, which was



On Monday, Education Minister Jeff Johnson drafted legislation to implement the four-year teachers' deal in every school jurisdiction and for every ATA local after failing to convince all school boards and union locals to endorse the deal. METRO FILE

struck between the province and the ATA in March after more than two years of negotiations, had to be ratified by all 62 school boards and their union locals by the May 13 deadline.

On Monday, Johnson

called the bargaining structure in the province "dysfunctional" and said it needs to be fixed, "so we're not in a situation in the future where one school board can hold the entire province hostage and hold up a deal for

600,000 kids."

Jacquie Hansen, the president of the Alberta School Boards Association, said while the association knew it was a possibility, forcing the pact was not ideal.

The Alberta Teachers' As-

sociation said teachers were dismayed the government chose to legislate the framework agreement.

"This is not our preferred solution," said Carol Henderson, president of the ATA, in a news release.





OATS. HONEY. ALMONDS.  
SIMPLE ON THEIR OWN.  
SIMPLY AWESOME  
TOGETHER.

LOVE THE HARVEST™





## Status update. Archbishop says he sees salvation in social media

Edmonton's archbishop believes with the world talking through social media it's time for the church to join the conversation.

Archbishop Richard Smith said that social networks have become the public square of our time and the church should be part of that.

"If social networks is increasingly the way in which this social fabric is being knitted then the church wants to be there," he said.

Smith's comments stem from a letter former Pope Benedict wrote, encouraging the church to engage through social media. Smith said it was a wake-up call that he had to learn more about social media.

"When I read that I realized that the former Holy Father was giving me a lot of homework and a lot of work to do," he said.

Smith said he sees it as an opportunity to reach out with the church's message.

"Any opportunity that is given to me to reach out to others I will take a very serious look at. Obviously I am convinced that the gospel and teachings of the church have answers, hope-filled answers," he said.

NAIT marketing professor Ray Bilodeau, said it is great the church wants a bigger online presence, but they should focus on individual accounts and engagement.

"The reason people like social media is the ability to have a conversation."

RYAN TUMILTY/METRO

## Nordegg, Lodgepole still evacuated

About 200 people remained out of their homes Monday as forest fires threatened two communities in the foothills of west-central Alberta.

Emergency evacuations were ordered Sunday afternoon for Nordegg and Lodgepole when high winds drove flames towards the hamlets.

Officials said all 100 of Lodgepole's residents had been accounted for and the highway in-bound had been closed. An update issued by

Brazeau County said the situation remained "out of control" and residents and industry were not being allowed into the area, about 100 kilometres southwest of Edmonton.

The fire was within two kilometres of the community. Water bombers and ground crews were working to contain the blaze.

Resident Evangeline Braun said being forced out was tough. "You worry about, do I have a home to go back to and

do I have anything in it?"

Another 100-plus people fled Nordegg and 60 registered at an evacuation centre at Rocky Mountain House, about an hour's drive away, although none stayed overnight.

Clearwater County spokeswoman Christine Heggart said between 45 and 55 people live in Nordegg year-round and there are a good number of seasonal residents as well. The county said everyone had left.

THE CANADIAN PRESS



A police car blocks the highway into Lodgepole, which was evacuated Sunday. JASON FRANSON/THE CANADIAN PRESS

## Petition calls for 1,000-foot Wolverine

Think Statue of Liberty, with less grace. Since character is from Alberta, petition creator figures (smaller) statue could actually work



HEATHER MCINTYRE  
heather.mcintyre@metronews.ca

Complete with a scruffy face and shiny claws, not to mention stairs, an elevator and a restaurant, Edmonton needs a 1,000-foot statue of Marvel's Wolverine in order to become world-class and revitalize its downtown core.

At least that's the message from an online petition at change.org that was started last week by youth- and child-care worker Brian LaBelle.

As of 5 p.m. Monday, it had 383 signatures and counting.

"I definitely started it as satire on the whole arena debate," said LaBelle. "We abso-



This drawing by Brian LaBelle shows what a 1,000-foot statue of Wolverine would look like towering over the downtown. The Edmontonian created a petition to erect the statue as a jab against the process behind the proposed arena. CONTRIBUTED

lutely need to have this ... new arena downtown, taxpayers have to pay for it, and there's no way our downtown can be rejuvenated any other way.

"So I wanted to come up with something that I thought was equally ridiculous."

LaBelle said he's not anti-arena, but he disagrees with the funding model.

Coun. Kerry Diotte, who puts himself in that same category, said he can "really appreciate" the satire, and that the joke "gets people think-

ing about the arena deal differently."

LaBelle said it seems most people fully understand the message behind the petition, while some seem to think it's a legitimately "awesome" idea.

1 NEWS



EDMONTON.MINI.CA

## INI MINI MINY MORE.

2013 MINI COOPER KNIGHTSBRIDGE<sup>1</sup>.

A special edition, value-packed MINI that comes with everything you'd expect, and more:

- » Glass Sunroof
- » Heated Seats
- » Bluetooth & USB Audio Interface

LEASE RATE  
**1.9%**  
FOR 48 MONTHS

MONTHLY PAYMENT  
**\$338**

DOWN PAYMENT  
**\$0**

HIBER-NOT EVENT

FINANCE RATE  
**1.9%**  
FOR 60 MONTHS

BI-WEEKLY PAYMENT  
**\$211**

DOWN PAYMENT  
**\$0**



FUEL EFFICIENT  
5.2 L/100 KM

HIGHWAY  
8.8 L/100 KM

CITY  
11.1 L/100 KM

\*\*\*  
SCHEMATIC SCHEDULED MAINTENANCE  
3 YEARS / 50,000 KM



COME IN AND VISIT US TODAY

MINI EDMONTON

7450 ROPER ROAD • 1.855.300.1526

Vehicles not exactly as shown. Selling price of a 2013 MINI Cooper Knightsbridge starts at \$25,595, which includes MSRP (\$23,600), freight & PDI (\$1,995) and A/C Tax (\$100). Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (OAC). \*Lease rate of 1.9% available for up to 48 months. Lease example based on \$338 a month for 48 months. Security deposit, HST, administration fees, licence, insurance, registration, taxes, EHF fee, and battery fees, similar taxes levied on the manufacturer (if charged by the Retailer), and PPSA are extra. Total obligation is \$18,319. The residual value of the vehicle at end of term is \$11,275. Annual kilometres limited to 12,000, \$0.15 per excess kilometre. Excess wear-and-tear charges may apply. Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. Delivery must be taken by May 31, 2013. \*\*Finance rate of 1.9% available for up to 60 months. Finance example: MSRP of \$23,600 at 1.9% APR for 60 months requires a bi-weekly finance payment of \$210.70 with \$0 down payment. Cost of borrowing is \$1,280.51 and total obligation is \$27,390.51. Delivery must be taken by May 31, 2013. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local MINI Retailer or MINI.ca for full details. Delivery must be taken by May 31, 2013. 1Vehicle shown is equipped with the optional 16" Alloy Wheels (\$390). \*\*Fuel efficiency is only applicable to the 2013 MINI Cooper Knightsbridge with manual transmission. 11New 2013 MINI vehicles purchased from an authorized MINI Retailer in Canada are covered by a No-Charge Scheduled Maintenance Plan for 3 years or 50,000 km, whichever comes first. Certain limitations apply. ©2013 MINI Canada. "MINI", the MINI logo, MINI model designations and all other MINI related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

## 72 hours to save.

Spring, summer and fall travel on sale.\*

Save on flights within Canada, as well as flights and vacation packages to select U.S. and Caribbean destinations.

**Book by:** May 16, 2013\*

**For the best sale fares, travel:**

Spring: Before July 17, 2013

Fall: September 4 to October 26, 2013

**Sale fares also available for summer travel:**

Summer: July 18 to September 3, 2013

**How to get this deal:** For Canadian and U.S. destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Caribbean destinations, travel on any day of the week where WestJet offers scheduled service.

Remember, WestJet Rewards members earn WestJet dollars® on sale fares, too.†

Book your flights or vacation package today at [westjet.com](http://westjet.com), or call your travel agent.

# WESTJET

\*Seasonal start and end dates apply and are indicated in the booking flow. Book by May 16, 2013 (11:59 p.m. MT). For spring and fall fares, travel before July 17, 2013 or from September 4 to October 26, 2013. For summer fares, travel from July 18 to September 3, 2013. For Canadian and U.S. destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between \$22-\$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between \$44-\$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See [westjet.com](http://westjet.com) for full seat sale details. †WestJet dollars are awarded on all published fares for WestJet marketed flights and WestJet Vacations packages, excluding taxes, fees and surcharges. For more details, visit [westjet.com/rewards](http://westjet.com/rewards). ©Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.



Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's *Space Oddity*. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

# Singing spaceman back on terra firma

**Touchdown.** Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 8:31 p.m. MDT.

Rescue teams moved quickly to help the crew in their bulky spacesuits get out through the narrow exit hatch. They were then put into reclining chairs to start adjusting to Earth's gravity.

The three astronauts smiled as they chatted with space agency officials and

doctors. They then made quick phone calls to family members and friends.

In a statement issued after the landing, Prime Minister Stephen Harper said the astronaut has done an "absolutely remarkable job.... His highly effective use of social media has brought the miracle of space travel home to ... the entire world."

During his stay in space, Hadfield became a bit of an extraterrestrial star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's *Space Oddity*.

It's believed to be the first music video made in space, according to NASA.

While Hadfield will be remembered most for the photography and music, his main task was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station. **THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS**

**Online**

## A bitter-tweet goodbye



**By the numbers**

**850K** Chris Hadfield has more than 850,000 Twitter followers.

**5,330** In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

**100** Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

**5** On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.





**2008 PONTIAC  
G5 SE**  
STK.#08T0652

**\$6,988**



**2011 CHRYSLER 200**  
STK.#11A5909

**\$12,988**



**2011 DODGE GRAND  
CARAVAN**  
STK.#11A4399

STOW N' GO

**\$13,988**



**2011 SUZUKI  
KIZASHI SPORT**  
STK.#11B0426

2 to  
Choose!

**\$15,988**



**FULLY  
LOADED**

4 MILLIONS DOLLARS WORTH OF INVENTORY

**0%**  
FINANCING  
AVAILABLE

LOWEST PRICE  
GUARANTEE OR  
WE PAY YOU  
**\$10,000!**

**GUARANTEED CREDIT!**  
CALL TODAY • DRIVE TODAY • IT'S THAT SIMPLE • BANK REPRESENTATIVE ON PREMISES

**YOU WORK - YOU DRIVE**

**99%**  
APPROVAL  
RATE  
NO HASSLE - NO BULL CALL US!

INTRODUCING TEXT  
FOR A CAR!  
**587-873-3347**



**2008 FORD F-150  
CREW CAB 4X4 XLT**  
STK.#08T1669

**\$14,988**



**2012 RAM 1500  
R/C** STK.#12A1282

SPORT WHEELS

**\$16,988**



**2012 CHEVROLET 1500  
CREW 4X4 LT 5.3L**  
STK.#12A3177

**\$26,988**



**2012 CADILLAC  
ESCALADE**  
STK.#12B2435

NAV/SUNROOF/D VD

**\$59,988**

**Check Out a Sample of Our Inventory!**



**2008 PONTIAC  
G5 SE**  
#08T0652

SUNROOF

**\$5,988**



**2007 DODGE  
CALIBER SXT**  
#07A7679

ALLOY WHEELS

**\$8,988**



**2006 CHEVROLET  
TRAILBLAZER  
LS 4WD**  
#06T7761

**\$9,988**



**2011 FORD  
FIESTA  
SE**  
#11B6386

**\$10,988**



**2010 MAZDA 3  
GS**  
#10T5183

**\$10,988**



**2010 TOYOTA  
MATRIX**  
#10T4162A

ONLY 24000KMS

**\$11,988**



**2010 MAZDA  
6 GS**  
#10A6197

5 to  
Choose!

**\$13,988**



**2010 CHEVROLET  
1500 E/C**  
#10A7924

**\$13,988**

IT'S NOT MISSION IMPOSSIBLE TO SAVE  
MONEY WITH US! WE'RE STILL  
**LOOKING FOR A DEAL**  
THAT WE CAN'T BEAT!



*We're On  
A Mission!*

**2012 MITSUBISHI ECLIPSE SPYDER**  
STK.#12B3104



12 TO  
Choose

GET THEM WHILE  
THEY LAST!

**\$19,988**



**2012 CHEVROLET  
CRUZE  
LT TURBO**  
#12A7931

**\$13,988**



**2013 KIA  
OPTIMA LX**  
#13B7535

**\$19,988**



**2008 JEEP  
WRANGLER  
RUBICON**  
#08T4204

NAVIGATION

**\$20,988**



**2011 RAM  
1500 Q/C  
4X4 SLT**  
#11B1446A

**\$22,988**



**2007 BMW  
X5 Si**  
#07B2292

**\$24,988**



**2012 CHEVROLET  
CAMARO RS**  
#12B3021

LEATHER/HUD

**\$26,988**



**2013 FORD  
MUSTANG  
GT 5.0L**  
#13A1679

GLASS ROOF

**\$32,988**



**2007 RANGE  
ROVER HSE  
SPORT**  
#07B5336

**\$32,988**



LOCAL **(780) 483.7516**  
TOLL FREE **1.866.310.5751**

**10212-178 ST. EDMONTON**  
MON-FRI 9-9, SAT 9-6, SUN 11-5  
[www.cwas.ca](http://www.cwas.ca)



Vehicles may not be exactly as illustrated. Vehicles may not be exactly as illustrated. See dealer for details. 0% financing available 12 mths amortized over 96 months o.a.c. To be eligible for lowest price or \$10,000 guarantee, customer must provide written proof by management of other dealership stating vehicle is comparable in mileage, year, model & condition. Call or drop in for complete details.





## Deal. City approves plan to expand free Wi-Fi service

City councillors gave their approval to a new plan to vastly expand free Wi-Fi in Edmonton Monday.

Shaw cable will now spend \$16 million creating and expanding services at 63 city-owned facilities, 18 libraries, 15 LRT stations and on top of 890 street light poles.

Shaw is essentially exchanging access to the city facilities and light poles for the free service to residents. Before voting to approve it, Coun. Karen Leibovici asked if the city could not have seen a deal that included some

### Spending

## \$540,000

The city estimates it will spend about \$540,000 implementing the deal with Shaw.

payment to the city.

Leibovici said despite reservations it's a good deal.

"There is very little cost to the city so if it manages to expand the accessibility for Wi-Fi throughout the city then it's worth doing."

RYAN TUMILTY/METRO

### Critical, but stable

## Boy, 12, hit by driver, 81, while riding bicycle

A 12-year-old boy who was hit by a car while riding his bike Sunday evening is in critical but stable condition, according to police.

In a release issued Mon-

day, police said an investigation is ongoing into the incident, during which the boy was struck by a Ford Focus while riding southbound across a marked crosswalk on 42 Street and 137 Avenue around 9 p.m.

The boy was not wearing a helmet and sustained critical injuries, said police, adding the 81-year-old woman driving was not injured. **METRO**

# Albertan leads task force on depression screenings



Marcello Tonelli, chair of the Canadian Task Force on Preventive Health Care.  
PATRICK NGUYEN/FOR METRO

## New recommendations. U of A researcher guided group on new guidelines

In findings published to the Canadian Medical Association Journal, the Canadian Task Force on Preventive Health Care is now encouraging doctors in Canada to stop conducting routine screenings for depression.

The new guidelines, which mark a change in approach from the task force's previous recommendations in 2005, say that there is no evidence that the practice is beneficial and

continuing to screen could lead to undesirable results.

"In the case of something like depression, screening might lead to labeling with a condition someone doesn't really have," said Marcello Tonelli, chair of the task force and researcher at the University of Alberta. "While it may seem good at first, we have to make sure that the benefits are there."

Tonelli notes that these guidelines are for patients who have never been diagnosed with depression, including those who are in high-risk groups. Physicians are to only pursue depression tests only if a patient begins showing symptoms.

From this recommendation, more focus will instead be shifted to treatment of those already diagnosed.

"Emphasis shouldn't be on looking for depression in people who seem to be healthy," said Tonelli.

PATRICK NGUYEN/FOR METRO

### Prevalence

## 8

Percentage of adult Canadians that will experience major depression at least once in their lives.

P&G

HAVE YOU  
**TRIED**  
THIS YET?

BRIGHT IDEAS TO IMPROVE YOUR EVERYDAY

WANT  
CONFIDENCE  
YOU CAN TRUST?

**TRY**  
FEARLESS

WANT  
TO CONQUER  
EVERYDAY  
MESSSES?

**TRY**  
SUPER ABSORBENT

WANT  
TO BOOST YOUR  
BEAUTY  
ROUTINE?

**TRY**  
GORGEOUS

BRIGHT  
spot

SHINING A LIGHT ON EVERYDAY MUST-HAVES NOW  
AVAILABLE AT **TARGET**

© 2013 P&G

# CUSTOMER APPRECIATION EVENT

5 DAYS ONLY • MAY 14 - 18, 2013

TOYOTA ECP  
WARRANTY UPGRADE  
TO 100,000KM

**FREE!**

4 YEARS OF  
OIL CHANGES!

**FREE!**

4 YEARS OF ROAD  
SIDE ASSISTANCE

**FREE!**

STK# 3RA3936

**\$28,059**

**\$175**  
BI-WEEKLY

100,000km  
warranty

2013 RAV4 LE AWD



STK# 3C00322

**\$16,249**

**\$99**  
BI-WEEKLY

100,000km  
warranty

2013 COROLLA 4DR



*Simple. Honest. Friendly. Your Neighborhood Dealership.*

**KINGSWAY** 

*Let our family serve your family*

12820 97 Street NW • Edmonton, AB • T5E 4C3  
CALL US TOLL FREE AT **1.888.631.2814**

**SHOP ONLINE AT [KINGSWAYTOYOTA.COM](http://KINGSWAYTOYOTA.COM)**



Photos are for illustrative purposes only, vehicles may not be exactly as shown. Prices shown do not include gst. The payments are based on a 4.99% Interest rate over 96 months. Stock#3C00322 total selling price \$16,249 at 4.99% For 96 months, total cost of borrowing is \$3,602.88. Payments are plus tax O.A.C. Payments include \$399 admin fee. All vehicles were available at time of printing. Sale ends Saturday, May 18 at 6:00pm, after which sale will expire and no longer be available.



## Colorado shootings. Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

Attorney Daniel King made the request in court, saying attorneys now have a diagnosis for James Holmes. He didn't specify what it was.

The judge was expected to decide whether to accept a new plea sometime

### Life and death

The insanity plea carries risks for both sides.

- Holmes will have to submit to a mental evaluation by state-employed doctors, and prosecutors can use findings against him. If acquitted, Holmes would be committed to the state mental hospital indefinitely.

before a May 31 hearing.  
THE ASSOCIATED PRESS

### Airport arrest

## Pressure cooker was for lamb, nephew says

The nephew of a Saudi man arrested at Detroit Metropolitan Airport says the case is a misunderstanding, and that his uncle was bringing him a pressure cooker so he

could make lamb.

Nasser Almarzooq told The Associated Press on Monday that he'd asked his uncle, Hussain Al Khawahir, to bring him a pressure cooker because the ones he bought in the U.S. didn't work.

Two pressure cookers were used in last month's Boston Marathon bombings. THE ASSOCIATED PRESS

# 'Are you human?': Abortion doctor found guilty of murder



Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

## House of horrors.

Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had

### Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.

undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

## Ensure spring isn't the only one who's arrived.

This season, take advantage of great offers on a wide range of Mercedes-Benz vehicles. So you can get the car you want, and all the attention you deserve.



**STAR**  
ON THE  
**ROAD**  
SALES EVENT



Stk# 13CC1471

THE 2013 C 300 4MATIC™. TOTAL PRICE¹: \$39,895\*\*

FINANCE APR

**0.9%\***

60 MONTHS

LEASE APR

**1.9%\***

48 MONTHS

LEASE PAYMENT

**\$398\***

\$2,995\*\* DOWN

**UPGRADE TO A PREMIUM PACKAGE FOR \$30/MO**

Price is inclusive of Admin, Air, Tire and AMVIC fees. ¹Taxes extra.



Mercedes-Benz

Contact us today  
to get into luxury:

5611 - 104 Street

1-877-621-9950

info@webermercedes.com

webermercedes.com



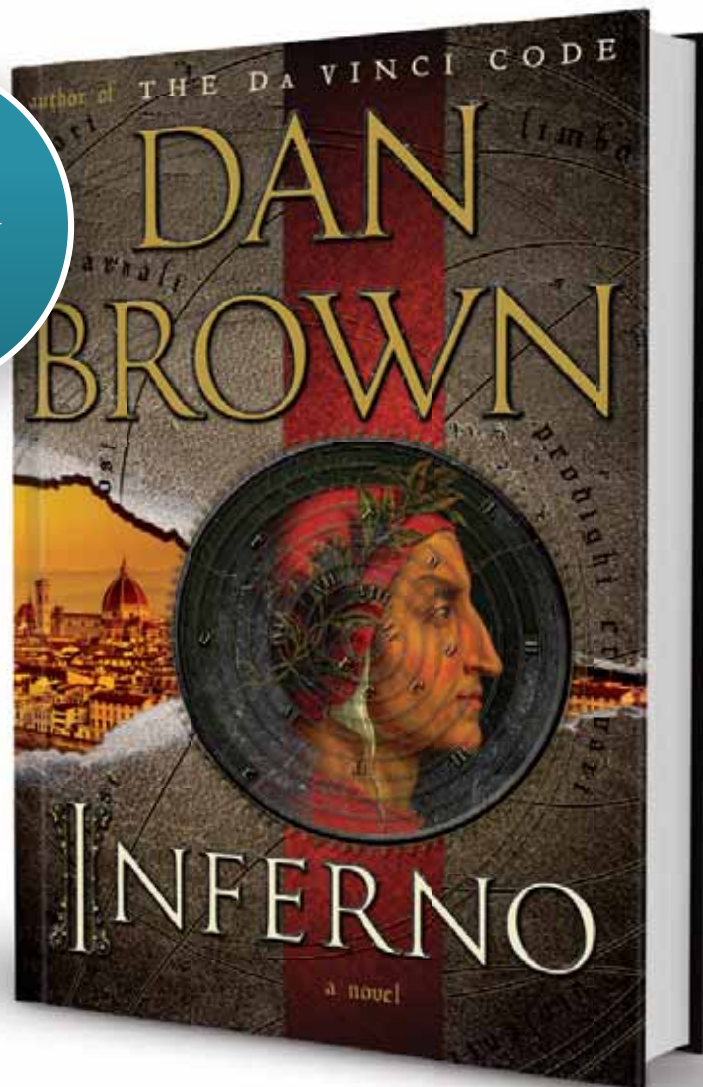
**WEBER MERCEDES-BENZ**

© 2013 Mercedes-Benz Canada Inc. 2013 C 350 Sedan with optional 18" AMG 7-spoke wheels shown above, National MSRP \$44,750. \*\*Total price of \$42,630 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. \*Lease and finance offers based on the 2013 C 300 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$348 per month for 48 months. Down payment or equivalent trade of \$8,740 plus security deposit of \$400 and applicable taxes due at lease inception. MSRP starting at \$39,990. Lease APR of 1.9% applies. Total obligation is \$25,816. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$39,990. Monthly payment is \$614 (excluding taxes) with \$6,639 down payment or equivalent trade in. Cost of borrowing is \$829 for a total obligation of \$43,432. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends May 31, 2013.



# On Sale Today!

Only  
\$15\*



If you liked The Da Vinci Code, you'll love  
Inferno, the hottest book of the year.

**Indigo**

**Chapters**

**Coles**

**indigo.ca**

Connect with us [f](#) [t](#) [p](#) /chaptersindigo

\*Valid for a limited time, while quantities last. Offer may change or end at any time without notice. <sup>TM</sup>Indigo Books & Music Inc.



## Just politics? Obama administration files morning-after pill appeal

The Obama administration on Monday filed a last-minute appeal to delay the sale of the morning-after contraceptive pill to girls of any age without a prescription.

The appeal asked a court to postpone a federal judge's ruling that eliminated age limits on the pill while the government appeals that overall decision. U.S. District Court Judge Edward Korman

has said that politics was behind efforts by Secretary of Health Kathleen Sebelius to block the unrestricted sale of the Plan B One-Step morning-after pill and generic competitors. He ordered that the pill be made available without prescription and without age restrictions. He also denied a request to postpone his ruling while the government appealed. **THE ASSOCIATED PRESS**

### Beehives stolen

#### Thief knows honey industry: Cops

Kawartha Lakes police are investigating the theft of beehives from a honey producer near Lindsay, Ont., northeast of Toronto. Eight hives worth \$1,600 disappeared last week. Police said someone familiar with the industry is likely responsible.

**THE CANADIAN PRESS**



Bees tend to honeycomb cells. **THE ASSOCIATED PRESS**

# Bugs can help fight world hunger: UN food agency



Mmm yummy! A plate of insects in Laos. **THOMAS CALAME/THE ASSOCIATED PRESS**

### Feed the world.

Certain beetles, ants, crickets and grasshoppers come close to lean red meat in protein per gram

The UN has new weapons to fight hunger, boost nutrition and reduce pollution, and they might be crawling or flying near you right now: edible insects.

The Food and Agriculture Organization on Monday hailed the likes of grasshoppers, ants and other members of the insect world as an underutilized food for people, livestock and pets.

A 200-page report, released at a news conference at the UN agency's Rome headquarters, says two billion people worldwide already supplement their diets with insects, which are high in protein and minerals, and

### But are they tasty?

Insect farming is "one of the many ways to address food and feed security," the UN's food and agriculture agency said.

- Currently, most edible insects are gathered in forests, and what insect farming does take place is often family-run and serves niche markets.
- Insects are rich in copper, iron, magnesium, manganese, zinc and fiber.

have environmental benefits.

Insects are "extremely efficient" in converting feed into edible meat, the agency said. On average, they can convert two kg of feed into one kg of insect mass. In comparison, cattle require eight kg of feed to produce a kilo of meat.

**THE ASSOCIATED PRESS**

Looking for your next journey, Chris?  
We can help.

Search 6,000 new jobs every week.

Whether you're reaching for the stars or have literally flown amongst them, we have the most relevant job postings to help reach your career goals faster. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

**WORKOPOLIS**



\*Number one job site\* based on six-month average online job postings for period ending March 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.





Sometimes the answer to business success is a question...

metronews.ca  
Tuesday, May 14, 2013

BUSINESS

11

# Monsanto wins soybean legal fight

**Washington.** U.S. high court decides against farmer who purchased genetically modified seeds on the cheap



A Missouri farmer holds Monsanto's Roundup Ready Soy Bean seeds.  
THE ASSOCIATED PRESS FILE

The U.S. Supreme Court said Monday that an Indiana farmer violated Monsanto Co.'s patents on soybean seeds resistant to its weed-killer by growing the beans without buying new seeds from the corporation.

The justices unanimously rejected the farmer's argument that cheap soybeans he bought from a grain elevator are not covered by the Monsanto patents, even though most of them also were genetically modified to resist the company's Roundup herbicide.

In the case decided by the court, farmer Vernon Hugh Bowman bought expensive, patented Monsanto's Roundup Ready seeds for his main crop of soybeans, but decided to

look for something cheaper for a risky, late-season soybean planting. He went to a grain elevator that held soybeans it typically sells for feed, milling and other uses, but not as seed.

Bowman reasoned that most of those soybeans also would be resistant to weed killers, as they initially came from herbicide-resistant seeds too. He was right, and he bought soybeans from the grain elevator and planted them over eight years. In 2007, Monsanto sued and won an \$84,456 US judgment. **THE ASSOCIATED PRESS**

## Florida

### BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and

some clues about whether the company plans to abandon tablet technology.

BlackBerry Live is both an information session and a hype machine for the company, which has several giant parties planned for its supporters. On Wednesday, BlackBerry will focus several events on the future outside North America. The firm is a dominant player in countries like Nigeria, the Philippines and Indonesia.

**THE ASSOCIATED PRESS**

## Market Minute



**DOLLAR**  
98.91¢  
(+0.02¢)



**TSX**  
12,529.55 (-59.54)



**OIL**  
\$95.17 US (-87¢)



**GOLD**  
\$1,434.30 US (-\$2.30)

**Natural gas:** \$3.94 US (+3¢)  
**Dow Jones:** 15,091.68 (-26.81)

## True luxury is timeless, unlike this offer.

Every Certified Mercedes-Benz comes with a standard Star-Certified warranty.

**Mercedes-Benz**  
**CERTIFIED**  
**SPRING SALES EVENT™**



For a limited time, take advantage of a 3 month payment waiver and 0.9% financing for 36 months on all MY '09 - MY '11 Certified Pre-Owned models.

**0.9%\*** for 36 months | **3 Month** Payment Waiver\*\*

Buying Certified gets you:

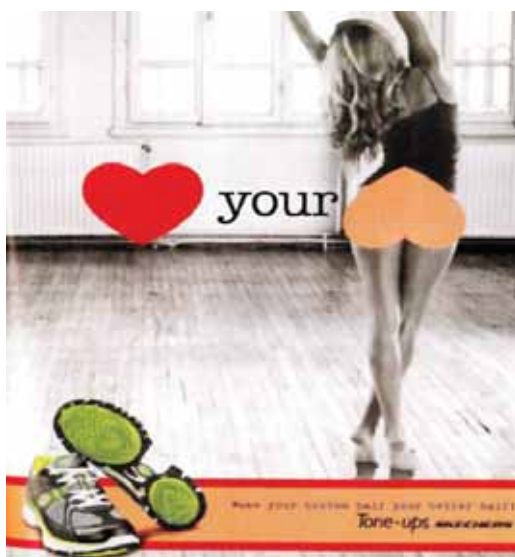
- **Reassurance:** 150-point certification inspection
- **Warranty:** standard Star Certified warranty up to 6 years or 120,000 km
- **Confidence:** complete vehicle history report
- **Security:** 24-hour special roadside assistance
- **Peace of mind:** 5 day/500 km exchange privilege

To take advantage of this offer and for full details, visit [www.davidmorrisfinecars.com](http://www.davidmorrisfinecars.com)

Certified. Affordable. Luxury.



Mercedes-Benz



## Sketchy claims cost \$40M

A federal judge in the U.S. has approved a \$40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Pod-Sole and Tone-ups shoes. **FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS**



**2010 GLK350 4matic™, \$34,999.**

Stock # shown P10-10103

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, [davidmorrisfinecars.com](http://davidmorrisfinecars.com)

**Mercedes-Benz STAR DEALER**



© 2013 Mercedes-Benz Canada Inc. \*0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 36 month finance on model year 2009-2011 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2009 model: \$25,000 at 0.9% per annum equals \$704.12 per month for 36 months. Cost of borrowing is \$348.39 for a total obligation of \$25,348.39. Down payment may be required. \*\*First, second and third months payments are waived for finance programs on model year 2009-2011 Certified Pre-Owned Mercedes-Benz models. The payment waivers are capped up to a total of \$500/month including tax for a Mercedes-Benz model. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end May 31st, 2013.





# Q&Arlene contest

Arlene Dickinson, Scotiabank Business Champion.

# Sometimes the answer

You have questions. We have answers.

You could win a trip to Toronto for a face-to-face meeting.

Enter today at [getgrowingforbusiness.com/as](http://getgrowingforbusiness.com/as)

® Registered trademarks of The Bank of Nova Scotia. For complete contest rules, visit: [www.getgrowingforbusiness.com/as](http://www.getgrowingforbusiness.com/as)

metro

12

VOICES

metronews.ca  
Tuesday, May 14, 2013

# YOUR SNEEZE HAS A SILVER LINING

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to



SHE SAYS

**Jessica Napier**  
metronews.ca

make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves book-marking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines

in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come

with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

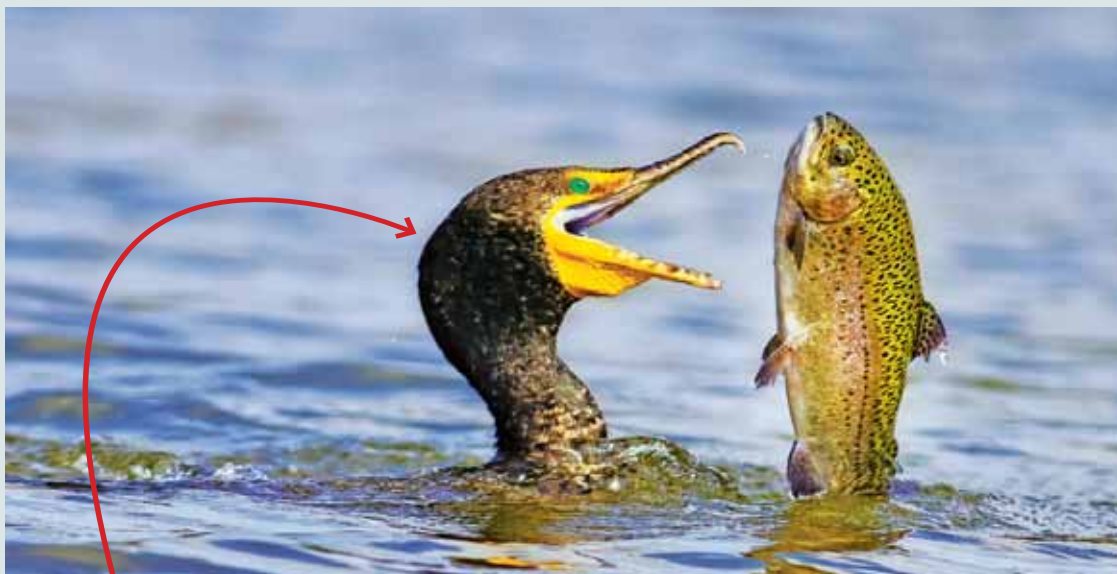
A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on  
Twitter @MetroSheSays



ZOOM

# A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

## I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long

Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." **METRO**

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

## Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

## Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

## Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.



Comments

**RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9**

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

**Cameron Reid posted to metronews.ca**

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

**Patrick Cameron posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)**

metro

President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shroat • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Edmonton Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager Cheryl Skogg • Distribution Manager Jim Hillman • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO EDMONTON Suite 2070, 10123 - 99 Street Edmonton, AB T5J 3H1 • Telephone: 780-702-0592 • Fax: 780-701-0356 • Advertising: 780-702-0592 • [adinfoedmonton@metronews.ca](mailto:adinfoedmonton@metronews.ca) • Distribution: [edmonton\\_distribution@metronews.ca](mailto:edmonton_distribution@metronews.ca) • News tips: [edmonton@metronews.ca](mailto:edmonton@metronews.ca) • Letters to the Editor: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)



# Power to business success is a question.

Starting with Arlene Dickinson and Scotiabank Small Business advisors.

askarlene

www.getgrowingforbusiness.com/askarlene

You're richer  
than you think.®



metronews.ca  
Tuesday, May 14, 2013

SCENE

13

## The future of television

### Power to the people.

You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH  
BRAW

Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show



More people are tossing their remotes and reaching for their tablets. ISTOCK

for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can

already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be

directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

### Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favorite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. Teams and legal TV and web channels aggressively go after the websites: Britain's Premier League reports shutting down more than 30,000 sites last season.

But as soon as one website is shut down, another one pops up. And viewers don't seem

to mind the shows' often inferior broadcast quality: after all, they pay nothing. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN



### Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future



Kevin Spacey was chosen for House of Cards because he appealed to viewers. HANDOUT

of Movies. "It has the potential of serving as a test-screening."

MWN

#### Three companies to watch

These companies are pushing the boundaries of entertainment. Are you using their services and apps yet?

- **Twitch:** Online gaming ESPN-style. On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits:** Spotify for garage bands. Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."

- **Vine & Keek:** Top sites for social videos. Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

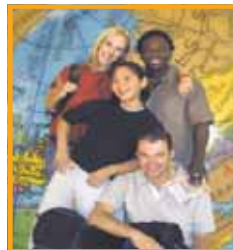
# 2 SCENE

### NEED MONEY?

- ✓ No credit checks
- ✓ Fast approvals

call 1-866-499-5629

And get cash now!!  
www.mynextpay.ca



### Adventure! Teach English Overseas

- ✓ TESOL Certified in 5 Days
  - ✓ In-Class or Online
  - ✓ No Degree Required!
- 1.888.270.2941  
Job Guaranteed!  
Next in-class course: May 29th - June 2nd, 2013  
Next Seminar: June 17th, 2013 @ 7pm  
Travelodge Edm South, 10320 - 45 Ave  
www.globaltesol.com



### A little red ball can help change it all.

Donate \$2 today.

Visit your local Canadian Tire, Sport Chek, Mark's or Atmosphere store to receive a Jumpstart red ball in exchange for a \$2 donation.  
Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) or call 1-877-616-6600

Together we can help  
all kids play







**Q&A Arlene**  
contest

Enter today at [getgrowingforbusiness.com/askarlene](http://getgrowingforbusiness.com/askarlene)

You're richer  
than you think.



**Spring**  
CC Cleaning at



**OUR EXCLUSIVE**  
*Sale Price*  
on ALL in stock CCs

**2013 Volkswagen CC**

**\$238<sub>BW</sub>**



#21179

**Hurry In**

**BEFORE WE ARE  
CLEANED OUT**



[www.southgatevw.ca](http://www.southgatevw.ca)  
[sales@southgatevw.ca](mailto:sales@southgatevw.ca)

**SALE HOURS: Mon - Thurs 8:30am - 8pm  
Fri & Sat 8:30am - 6pm · Sun 11am - 4pm**

**1223-101 Street SW · 780.438.8888**

Vehicle may not be exactly as illustrated. Payment example, 2013 CC \$238 bi-weekly amortized @ 4.99% over 7 years with \$0 down. Payment includes all less before GST. See dealer for details.



metro

14

DISH

metronews.ca  
Tuesday, May 14, 2013



Selena Gomez and Justin Bieber

## Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream,

she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

## A reason to revive your cable: Jack is back



Kiefer Sutherland

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland

will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD

### Twitter



@rustyrocks

Uncomplicated relationship with narcissistic freeloader who's scratching himself on my belly



@MARLONWAYANS

I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume



@WhitneyCummings

You guys, "selfie" is a word now that we just use like its okay or something

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

*Just a single baby? Will Beyoncé be touring with bun-two in the oven?*



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.



Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the

prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another source explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.



# Hang loose and get ripped

**Fitness.** Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

**MEREDITH ENGEL**  
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at [getinwave-shape.com](http://getinwave-shape.com). Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

## Step 1

### Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the



left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

## Step 2

### Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this



time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

## Step 4

### Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to



the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

## Step 3

### Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until



parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

## Step 5

### High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.



# 3 TIPS



**A little red ball can help change it all.**

**Donate \$2 today.**

Visit your local Canadian Tire, Sport Chek, Mark's or Atmosphere store to receive a Jumpstart red ball in exchange for a \$2 donation.

**Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) or call 1-877-616-6600**



**Together we can help  
all kids play**



**Jumpstart**





Time is of the essence. Get any damaged veins seen sooner than later. ISTOCK

# Varicose veins be gone — as painlessly as possible

**Treatments.** Getting them dealt with quickly is paramount, as other problems can develop over time

**LINDA CLARKE**

Metro World News in Boston

It's springtime and thoughts are turning to wearing shorts and baring legs — which can mean anguish for women with varicose veins.

"When spring comes, we get busier. Everyone wants them gone before summer," says Dr. Luis Navarro, director of The Vein Treatment Center in New York and author of *No More Varicose Veins*. "The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling, pigmentation

or thrombosis."

The good news is that treating varicose veins is now far less painful than in previous years, and it comes with less downtime. We asked Dr. Navarro to tell us about the different treatment options.

## Painless sclerotherapy

"Sclerotherapy can involve up to 200 injections in three sessions. It can be done in a day, or it can also be done in multiple visits. We numb with ice and pressure to overload sensory fibres, so the patient doesn't feel pain. Then we inject a chemical compound, which collapses the vein."

## Foam sclerotherapy

"This is a stronger compound and used for deeper, bigger veins. The foam needs to be used with care and the person performing the operation needs to know when to use liquid or foam — or a combination of both. It's harder to control than liquid."

## Some veiny truths

**"Everyone wants them (veins) gone before summer. The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling, pigmentation or thrombosis."**

**Dr. Luis Navarro**  
Director of The Vein Treatment Center in NYC and author of *No More Varicose Veins*

## Endovenous laser ablation

"This uses modern laser to weld the main vein shut and then we use a needle to remove it — that's called phlebectomy. There are no stitches. We use an anesthetic and you don't know it's being done. It can take as little as 35 minutes."

## Ligation and stripping

## Questions

- What are varicose veins, and what about telangiectasias (spider veins)? Navarro explains what causes them.

"Varicose veins are the big, ropey looking veins and are a blue or greenish colour. Spider veins are reddish-purple and look like little lines. A lot of people have both. Fifty per cent of adults have some degree of varicose veins by age 50, and 70 per cent have them by age 70. They increase through life. Pregnancy can cause them, but the biggest factor is them being hereditary."

"This is traditional surgery, which is done in a hospital under a general anesthetic. Thirty years ago, it was the only option. It involves multiple cuts to allow for the surgeon to perform the phlebectomy."

## Do you have psoriasis?

**Psoriasis is a life-long skin disease with no known cure.** It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

**Stratica Medical** is conducting a research study of an investigational medication for psoriasis.

If you or someone you know is at least 18 years of age who has psoriasis, please contact:

**Dr. Norman Wasel & Dr. Perry Grewal**  
**STRATICA MEDICAL**  
**780-497-7652**





Best Health

## Avoid alcohol with diet pop?



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-Chief  
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk.

U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive.

The results? Having the diet-pop mixer resulted in an 18

per cent higher BrAC than the regular pop mixer and alcohol. Scores on the reaction-time task were also worse, but the participants weren't aware of differences in impairment.

According to the study's author at Northern Kentucky University, the stomach treats sugar-sweetened beverages similar to food, keeping them in the stomach longer, while alcohol mixed with diet pop speeds through the digestive system faster and enters the bloodstream faster.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA/METRONWS](http://BESTHEALTHMAG.CA/METRONWS).**



## A little red ball can help change it all.

**Donate \$2 today.**

Visit your local Canadian Tire, Sport Chek, Mark's or Atmosphere store to receive a Jumpstart red ball in exchange for a \$2 donation.

Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) or call 1-877-616-6600



**Together we can help all kids play**



Jumpstart

Advertisement

## Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

**W**ant a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

### 7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at [www.bikini-plan.com](http://www.bikini-plan.com). ENTER SOURCE CODE MED.



For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223.





# A beginner's guide to food fasting

**Diet.** We're designed to cope with both feast and famine — then why are we so scared of hunger? A new diet explores the benefits of fasting

ROMINA  
MCGUINNESS  
life@metronews.ca

Mimi Spencer and Dr. Michael Mosley, authors of the best selling book *Fast Diet*, don't believe in dieting all the time.

Their weight loss technique, based on intermittent fasting (abstaining from food

for short periods of time) is simple and flexible: for two, non-consecutive days a week, you will be eating just a quarter of your recommended daily calorie quota.

That's 500 calories for women, 600 calories for men.

"You get to have five days of normal eating, with little thought to calorie control and a slice of pie if that's

what you want," Spencer tells Metro.

## Why fast?

"There's this idea that if you don't eat three to six meals a day, your blood sugar will crash. But the fact is, we're designed to go for short periods without food. It's good for us. Autophagy is an internal healing process

that only occurs when we have no food in our system. So when we're eating all the time, our body is constantly on the go. (It) never gets a chance to do any repair and maintenance," Spencer said.

## How will fasting help me lose weight?

"Take in fewer calories than you spend, and you're going to lose weight. It's an equation: slash your calorie intake by 75 per cent two days a week and your overall energy deficit will be fairly significant. If you normally eat 2,000 and go down to 500, you're skipping 1,500 calories a day. That's 3,000 calories a week, which translates to just under a pound of fat," Mosley said.

## Can I binge eat on the five days I'm not fasting?

"This diet works because

you are restricting calories. If you binge, there'll be no calorie deficit over time and you won't lose any weight. On your five days 'off' eat freely, but normally," Mosley said.

## Will I not be lacking essential nutrients?

"You can't just have a doughnut. You need satiating protein and plants, which provide bulk. Load up on things like salmon, eggs, radishes, kale, lentils and chickpeas but avoid anything that's going to spike your blood sugar levels and burn quickly, like meringue and white rice. Be careful with fruit. Those with a low glycemic index, such as berries, apples and tangerines, are best. Avoid bananas and pineapples," Spencer said.

TD Insurance

You always know exactly what they need. Just remember, what they need most is you.

**TD Critical Illness Insurance** offers financial support in the wake of cancer, heart attack or stroke. It provides a one-time payment that will give you and your family relief while you focus on what matters most, getting better. Because when your financial obligations are covered, you'll have one less thing to worry about.

Call 1-855-314-8242 or visit [tdinsurance.com/ci](http://tdinsurance.com/ci)



HOME | AUTO | LIFE | TRAVEL

Certain eligibility requirements, limitations and exclusions, including a pre-existing condition exclusion apply. ©/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly owned subsidiary, in Canada and/or other countries.



Don't let weight watching get you down. THINKSTOCK

## The Fast Diet recipes

### Men: 600 cal

- **Breakfast 288 calories.** Two poached eggs (180 calories) on a slice of toast (31g, 78 calories); 30 raspberries. (120g, 30 calories)
- **Dinner 304 calories.** Roast salmon (252 calories) with 10 cherry tomatoes (150g, 27 calories). Bake at 200 C for about 15 to 20 minutes. Serve with 112g of green beans (25 calories)

### Women: 500 cal

- **Breakfast 142 calories.** Half a tub of cottage cheese (78 calories); One sliced pear (100g, 40 calories); One fresh fig (55g, 24 calories)
- **Dinner 341 calories.** Sashimi: 3 to 5 pieces salmon (100g, 180 calories) and tuna (100g, 136 calories) — served with soy sauce, wasabi and ginger; 1 tangerine (70g, 25 calories)



# Balance sweet mangoes with staple Mediterranean flavours



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com or follow  
her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radic-

## Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

## Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

chio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### Chivejive



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of

half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.

- Mince chives and add to pancake batter to create a savoury side dish.

- Add to scrambled eggs.

- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.

- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Two perspectives of a major milestone: high school graduation

**Cap and gown.** A mother and daughter share their thoughts ahead of the big day

**THERESA ALBERT AND JAMESON RATCHFORD**  
life@metronews.ca

## Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her

morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barreling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is



Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

## Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow

can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of

"never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

**THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!**

"It's always a good morning at

**NORMAND'S**

BISTRO

(@ The Citadel Theatre)

Open every day: 7am on weekdays and 8am on weekends

A great place for Eggs Benedict & freshly squeezed, made-to-order orange juice from our Zummo Machine.

Join us for breakfast, lunch, happy hour and Dinner!

**Edmonton, Alberta T5J-3C6**  
**10177 99 Street 780-425-1008**

# It could be a hot stock summer ... or not

## Alison on money.

Thinking about selling your stocks and getting back in the market in November?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets



Market timing doesn't always work out. Will this be a summer from hell? iSTOCK IMAGES

of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The

Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as

the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage

## Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.

you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



## Join Adecco under the BIG TOP!

Are you interested in working for a  
WORLD-Renowned performance show?!?!?

**We are currently seeking over  
25 Food & Beverage/Servers**

**ProServe and Food Safe an asset - Don't  
have them, don't worry! Adecco will  
provide free training and certifications**

Apply online at [www.adecco.ca](http://www.adecco.ca), via email at  
[breann.otto@adecco.ca](mailto:breann.otto@adecco.ca) or phone 780-428-1266  
and ask for Jenelle or Breann



## Protecting your digital footprint

What happens to your digital assets when you die?

The management of virtual estates, including online properties such as email accounts, blogs, social media accounts and other web-based services, is a new and emerging field of law.

In Canada, there are currently no specific laws related to virtual estates.

There are some consumer protection laws that could be applied.

It may seem daunting to map out your digital footprint (especially if you are a heavy e-commerce or social media user.)

A few practical questions can help you get started and ensure your online property is protected:

- Which types of digital assets do you possess?

Virtual assets can be divided into three categories: First, accounts with virtual property such as music, movies and photos; second, accounts with real currency such as online bank accounts, on-

line payment tools, and paid music downloads or video streaming services; and third, accounts with personal information such as social media sites and online gaming accounts.

- Where are your accounts located? Create a list of all of the online accounts you hold.

- How can an executor or estate trustee access your accounts?

"It is important to save information about your virtual estate in a way that can be safely and securely passed on to an executor or estate trustee when that time comes," says Ray Leclair, vice-president of public affairs at LAWPRO.

"A lawyer can advise on strategies to manage and pass on your online properties."

When choosing an estate trustee or executor, it might be in your best interest to choose someone who is comfortable with technology — especially if you have an extensive digital presence such as a small e-business or a blog



**If you have a strong digital presence, consider choosing an executor who is comfortable with technology.**

iSTOCK IMAGES

that generates income.

Be sure to provide detailed instructions for your executor on how you want these assets dealt with.

Speaking with a lawyer about your digital assets and having these items included in your will or power of attorney documents can help simplify the potentially complex and confusing transfer of your virtual estate, and also help to safeguard your digital legacy. **NEWS CANADA**



## World Championship

### Team Canada caps prelims with narrow victory

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goaltending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament, with losses in the last three consecutive years.

They await the conclusion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final. **THE CANADIAN PRESS**

## NHL

### Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 general managers and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals.

**THE ASSOCIATED PRESS**



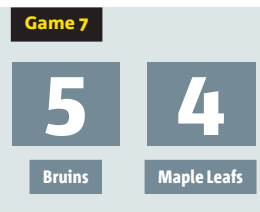
Bruins Brad Marchand, left, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. The Leafs' season ended after they blew a 4-1 third-period lead. JARED WICKERHAM/GETTY IMAGES

# Leafs let B's up off their knees in Boston

**NHL playoffs.** Bruins erase three-goal deficit to break hearts in Toronto and punch ticket to second round

The Leafs' exit from the playoffs was another 18-wheeler going right off a cliff. Sudden, shocking and final.

Up 4-1 over the Boston Bruins nine minutes into the third period of Game 7 Monday night, Toronto seemed destined to add to its history with a third



straight win to seal a comeback from a 3-1 deficit in the series. That hadn't happened for the franchise since the 1942 Stanley Cup final against the Detroit Red Wings.

But with a snarling Milan

Lucic leading the way back for Boston, a stirring series comeback turned into total collapse.

Boston reeled off three straight goals — including two with Tuukka Rask off for the extra attacker — to tie the game at 4-4. Then Patrice Bergeron scored at 6:05 of overtime to cap a miraculous 5-4 recovery for a Bruins team that seemed to be on life support.

"They had us on the ropes," said a relieved Boston coach Claude Julien. "We're not going to sit here and lie."

The Bruins are the first team in NHL history to win a Game

7 after trailing by three goals in the third period, according to the Elias Sports Bureau.

"It just seemed like we ran out of gas," said Toronto coach Randy Carlyle.

"Losing is tough and losing the way we did ... explain how and why it happened," he added.

There will be a lengthy post-mortem once the emotions subside.

It had looked like two early goals by defenceman Cody Franson would be enough to propel Toronto into the next round. **THE CANADIAN PRESS**

# 4 SPORTS



**A little red ball can help change it all.**

**Donate \$2 today.**

Visit your local Canadian Tire, Sport Chek, Mark's or Atmosphere store to receive a Jumpstart red ball in exchange for a \$2 donation.

**Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) or call 1-877-616-6600**

**Together we can help all kids play**





## Giro d'Italia. Hesjedal confident he can make up for precious lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the three-week race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place overall, remains confident he can make up some time and re-join the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already. If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment."

"So by no means does being three minutes down right now



Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday.  
THE ASSOCIATED PRESS

make you throw the towel in."

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth.

Hesjedal, who was third overall just three days ago, was sixth heading into Sunday's stage. **THE CANADIAN PRESS**

# Bulls offence turns ice cold against sizzling Heat

**NBA playoffs.** Chicago showing no signs of team that beat Miami in Game 1 of series

Game 4

88

Heat

65

Bulls

LeBron James scored 27 points and the Miami Heat nearly matched a franchise record for points allowed in a playoff game, pounding the listless and short-handed Chicago Bulls 88-65 on Monday night to take a 3-1 lead in the Eastern Conference semifinals.

The 65 points allowed were only two more than the all-time post-season low for a Miami opponent, and it was easily the worst offensive performance by a Chicago team.

Never before had the Bulls scored fewer than 69 in a play-off game nor 10 or less in a quarter during the post-season, but both those marks fell on a night when they were dominated on both ends of the floor.

Miami led by 11 at the half

and put this one away in the third quarter, outscoring Chicago 17-9 in the period.

Now the Heat will try to wrap up the series at home on Wednesday night, taking what they hope will be the next step toward a second straight championship.

It's hard to believe the Bulls won the series opener the way the past three games have gone.

Miami pounded Chicago in Game 2, coming away with its most lopsided playoff victory while handing the Bulls their worst ever post-season loss, and the Heat continued to roll from there. **THE ASSOCIATED PRESS**



Heat forward LeBron James goes up for a shot against Bulls forward Jimmy Butler during Game 4 on Monday in Chicago. **NAM Y. HUIH/THE ASSOCIATED PRESS**

## Is Your Future Digital?

Find Out at

**BIM: THE FUTURE OF BUILDING INFORMATION MODELLING**

DESIGN RECLAMATION ENGINEERING COMMUNICATION  
ELECTRICAL DRAWING ARCHITECTURE  
VIRTUALIZATION  
INTEROPERABILITY PROJECT MANAGEMENT PLUMBING APPLICATIONS  
MECHANICAL SCHEDULING COSTING PPP THE CLOUD  
PLANNING STAKEHOLDER INTERACTION LIFECYCLE MANAGEMENT ANALYSIS

**THURSDAY, MAY 23 - 2 TO 6 PM**  
DIGITAL SCHOOL - 3RD FLOOR, EDMONTON CITY CENTRE EAST

Come find out what it means and how Digital School can prepare you for tomorrow's Hi-Tech Careers. A **FREE** event for anyone interested in the future of Computer Aided Design and Building Information Modelling.



Register at: [bit.ly/bim2013](http://bit.ly/bim2013) or Call 780-414-0200

### NHL PLAYOFFS

#### CONFERENCE QUARTER-FINALS

(BEST-OF-7 series; All times Eastern)

#### EASTERN CONFERENCE

**PITTSBURGH (1) V. NY ISLANDERS (8)**

(Pittsburgh wins series 4-2)

Saturday's result

Pittsburgh 4 N.Y. Islanders 3 (OT)

**MONTREAL (2) V. OTTAWA (7)**

(Ottawa wins 4-1)

**WASHINGTON (3) V. NY RANGERS (6)**

(New York wins series 4-3)

Monday's result

NY Rangers 5 Washington 0

Sunday's result

NY Rangers 1 Washington 0

**BOSTON (4) V. TORONTO (5)**

(Boston wins series 4-3)

Monday's result

Boston 5 Toronto 4 (OT)

Sunday's result

Toronto 2 Boston 1

#### WESTERN CONFERENCE

**CHICAGO (1) V. MINNESOTA (8)**

(Chicago wins 4-1)

**ANAHEIM (2) V. DETROIT (7)**

(Detroit wins series 4-3)

Sunday's result

Detroit 3 Anaheim 2

**VANCOUVER (3) V. SAN JOSE (6)**

(San Jose wins 4-0)

**ST. LOUIS (4) V. LOS ANGELES (5)**

(Los Angeles wins 4-2)

x—played only if necessary

#### SCORING LEADERS

	G	A	Pts
Krejci, Bos	5	6	11
Malkin, Phg	2	9	11
Crosby, Phg	3	6	9
Iginla, Phg	2	7	9
Pavelski, SJ	4	4	8
Couture, SJ	3	5	8
Zetterberg, Det	3	5	8
Dupuis, Phg	5	2	7
Brassard, NYR	2	5	7

Not including last night's games

### NBA PLAYOFFS

#### CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

#### EASTERN CONFERENCE

**MIAMI (1) VS CHICAGO (5)**

(Miami leads series 3-1)

Monday's result

Miami 88 Chicago 65

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

x-Miami at Chicago, TBD

Sunday, May 19

x-Chicago at Miami, TBD

**NEW YORK (2) VS INDIANA (3)**

(Indiana leads series 2-1)

Tuesday's game

New York at Indiana, 7 p.m.

Thursday's game

Indiana at New York, 8 p.m.

Saturday, May 18

x-New York at Indiana, TBD

Monday, May 20

x-Indiana at New York, 8 p.m.

#### WESTERN CONFERENCE

**OKLAHOMA CITY (1) VS MEMPHIS (5)**

(Memphis leads series 2-1)

Monday's result

Oklahoma City at Memphis

Wednesday's game

Memphis at Oklahoma City, 9:30 p.m.

Friday's game

x-Oklahoma City at Memphis, TBD

Sunday, May 19

x-Memphis at Oklahoma City, TBD

**SAN ANTONIO (2) VS GOLDEN STATE (6)**

(Series tied 2-2)

Sunday's result

Golden State 97 San Antonio 87 (OT)

Tuesday's game

Golden State at San Antonio, 9:30 p.m.

Thursday, May 16

San Antonio at Golden State, 10:30 p.m.

Sunday, May 19

x-Golden State at San Antonio, TBD

x — if necessary

### MLB

#### AMERICAN LEAGUE

##### EAST DIVISION

	W	L	Pct	GB
New York	24	14	.632	—
Baltimore	23	15	.605	1
Boston	22	16	.579	2
Tampa Bay	19	18	.514	4½
Toronto	15	24	.385	9½

##### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	21	15	.583	—
Cleveland	21	16	.568	½
Kansas City	18	16	.529	2
Minnesota	18	17	.514	2½
Chicago	15	21	.417	6

##### WEST DIVISION

	W	L	Pct	GB
Texas	24	13	.649	—
Oakland	19	20	.487	6
Seattle	18	20	.474	6½
Los Angeles	14	23	.378	10
Houston	10	29	.256	15

##### Monday's results

Cleveland 1 N.Y. Yankees 0  
N.Y. Yankees 7 Cleveland 0  
Detroit 7 Houston 2  
Minnesota 10 Chicago White Sox 3  
Kansas City at L.A. Angels  
Texas at Oakland  
Tuesday's games — All times Eastern  
San Diego (Cashner 2-2) at Baltimore (Tillman 3-1), 7:05 p.m.  
Seattle (Hernandez 5-2) at N.Y. Yankees (Sabathia 4-3), 7:05 p.m.  
San Francisco (Zito 3-1) at Toronto (Dickey 2-5), 7:07 p.m.  
Houston (Harrell 3-3) at Detroit (Fister 4-1), 7:08 p.m.  
Boston (Lackey 1-3) at Tampa Bay (Moore 6-0), 7:10 p.m.  
Chicago White Sox (Peavy 4-1) at Minnesota (Correia 4-2), 8:10 p.m.  
Kansas City (Guthrie 5-0) at L.A. Angels (Vargas 1-3), 10:05 p.m.  
Texas (Holland 3-2) at Oakland (Colon 3-2), 10:05 p.m.

#### NATIONAL LEAGUE

##### Monday's results

St. Louis 6 N.Y. Mets 3  
Milwaukee 5 Pittsburgh 1  
Chicago Cubs 9 Colorado 1  
Atlanta at Arizona  
Washington at L.A. Dodgers



## Horoscopes

### ♈ Aries

March 21 - April 20

Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

### ♉ Taurus

April 21 - May 21

There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

### ♊ Gemini

May 22 - June 21

You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

### ♋ Cancer

June 22 - July 23

Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

### ♌ Leo

July 24 - Aug. 23

You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

### ♍ Virgo

Aug. 24 - Sept. 23

If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

### ♎ Libra

Sept. 24 - Oct. 23

Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

### ♏ Scorpio

Oct. 24 - Nov. 22

You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

### ♑ Capricorn

Dec. 22 - Jan. 20

You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

### ♒ Aquarius

Jan. 21 - Feb. 19

Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

### ♓ Pisces

Feb. 20 - March 20

It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Swedish auto
- "The World According to \_\_\_" (1982)
- Mr. Nova (Canadian singer/guitarist)
- Hubba \_\_\_ (Gum)
- Duo plus one
- "The Ghost & Mrs. \_\_\_" (Old sitcom)
- Valley of the Kings discoveries in Egypt: 2 wds.
- Drug deal buster, for short
- Pre-lunch hrs.
- Occupied
- Magnifying glass user
- '70s night spots
- Parisian positives
- Arrest proof from a police car: 3 wds.
- WWW code
- Norse navigator Mr. Ericsson
- Locomotive tracks
- Hawaii's \_\_\_ Beach
- Poet of the Yukon, Robert \_\_\_
- Rich dollar amt.
- Lisa of "The Cosby Show"
- Fermented soybean paste
- \_\_\_ other (Without equals)
- Winnipeg-born songwriter/singer/guitarist: 2 wds.
- Actress, Lena \_\_\_
- '70s sitcom family, The \_\_\_

- Locales
- Achievement
- "Sheila": 1962 hit for Tommy \_\_\_
- \_\_\_-Di..." (Beatles song title bit)
- What a doctor provides: 2 wds.
- Eye droplet
- City of Russia

- Recommended strongly
- Inputted info [abbr.]
- Places
- "Friends" friend
- Finland, as Finns call it
- Bottomless pit
- Camel hair garment
- Movie boxer Rocky's surname

- Vintage muscle cars
- Canadian \_\_\_ (Military force)
- One bone
- Play \_\_\_ (Feign death or sleep)
- Memory loss
- Lei-wearer's party
- David Spade's "Joe \_\_\_"
- Philharmonic gr.

- Mr. Pitt
- Fight
- Book, in a Quebec library
- Gladiator's 450
- Klutzy
- Lily Munster's beloved
- \_\_\_ centre
- Softens the lights
- Tiger Woods' ex-wife
- Nobel Peace Prize city
- Official lang. of Israel
- \_\_\_ day (Train-catching frequency, often)
- British Invasion group, Manfred \_\_\_
- Fashion sense
- \_\_\_ boots
- L'île-du-Prince-\_\_\_ (PEI)
- NHL's Ducks, on scoreboards
- Billy \_\_\_ (Canadian flying ace of WWI)
- Medieval king of legend
- Burdens
- Past times
- Plant's beginning

- X-mark a ballot
- Mr. Scrooge, to pals
- \_\_\_ (Line above the equator)
- Quick
- Banff National Park animals
- Land Down Under bird
- Olympics abbr. for Zagreb's land

### Yesterday's Crossword



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

		4	2		7			8
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

## Weather

### TODAY



MAX: 17°  
MIN: 10°

### WEDNESDAY



MAX: 18°  
MIN: 9°

### THURSDAY



MAX: 19°  
MIN: 9°



### MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



BREAKFAST  
TELEVISION

## A little red ball can help change it all.

Donate \$2 today.

Visit your local Canadian Tire, Sport Chek, Mark's or Atmosphere store to receive a Jumpstart red ball in exchange for a \$2 donation.  
Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) or call 1-877-616-6600

Together we can help  
all kids play



### WHEATON Honda

As Reliable As  
The Cars We Sell

Ends May 31, 2013

HOURS  
Monday - Thursday 9-9  
Friday & Saturday 9-6

### THE ALL NEW REDESIGNED 2013 Honda Accord

Stock #X8379  
Model #FC2730C

Plus receive a \$1500 Cash Incentive

**\$26,830**

### #1 SELLING IMPORT SUV 2013 Honda CR-V LX 4WD

Stock #B944  
Model #FMAH30ES

Plus receive a \$2500 Cash Incentive

**\$29,780**

Honda - The Wheaton Way

**WheatonHonda.com**

9688-34 AVE. (AutoRow)  
780.463.7888 • 1-866-463-7885

\*Taxes extra. Manufacturer to dealer incentive. Programs subject to change. Offer ends May 31, 2013.



# Good people doing great things in a great community

## Help us raise \$10,000



It's not every day you meet people like Maynard, Debbie and the Joey's Manning Team. And why is that? That's because these dedicated individuals have a collective goal, reaching far beyond anyone's everyday business and career goals. For Maynard, Kim and Dave, the goal is personal. *Their goal is to help conquer cancer.* A big goal? You better believe it. But you know what? It IS an achievable one. And here's how you can help!

You can help by driving your dirty, worse-for-wear winter vehicle to our Car Wash this coming Saturday and Sunday, May 18 & 19, or bid on silent auction items. All the money that is donated stays in Alberta, for our Moms, Dads, brothers and sisters. Maynard has been training for this ride and has already lost 24 pounds! Now that alone is worth your support!



**Get your car washed at their Manning Crossing location on this coming Saturday and Sunday, May 18 & 19, from 9:30 am to 2:00 pm and make a donation!**

**BONUS:** Maynard has generously donated French fries to every car that gets a wash (how great is THAT?!)

**They are also having a silent auction with items as:**

- Full Day Fishing Tour (northern pike and walleye) on the Pro Bass boat!



- A day as Crew Member on *The Reaper* Top Alcohol Funny Car during Rocky Mountain Nationals, July 3, 2013 at Castrol Raceway.



- **And many more great silent auction items!**

*Stop by the restaurant to bid on these and other fun, exciting prizes!* When one asks Maynard just why he expends his energy for this cause, his answer is, "That is simple. The one commonality when you hear someone has cancer is the feeling of uselessness. Everyone feels like there is nothing they can do to help. This is a way for everyone to help." It is obvious that Maynard believes strongly in the Enbridge Ride to Conquer Cancer.



### DAILY SPECIALS

<b>MONDAY</b>	
RIBS & SHRIMP	\$19.00
<b>TUESDAY</b>	
ALL YOU CAN EAT FISH AND CHIPS	\$12.00
<b>WEDNESDAY</b>	
ALL YOU CAN EAT SHRIMP	\$21.99
<b>THURSDAY</b>	
SHRIMP/CHICKEN ALFREDO OR LOBSTER BISQUE PASTA	\$14.00
<b>FRIDAY</b>	
HALF PRICE OFF ANY DESSERT	
<b>SATURDAY</b>	
BBQ 10 OZ STEAK & 8 BBQ SHRIMP	\$23.00
<b>SUNDAY</b>	
KIDS EAT FREE WITH PURCHASE OF AN ADULT MEAL (10 AND UNDER)	

**Week of June 14-19**

**Buy 2pc Famous Fish and 2 beverages,**

**and get 2pc Famous Fish FREE.**



Not to be used with any other coupon, promotion or discounts.

**Week of June 20-26**

**\$5.00 OFF any Take Out order over \$50.00.**



Not to be used with any other coupon, promotion or discounts.

**Week of June 27-July 2**

**FREE Gyoza appetizer with the purchase of any entrée.**



Not to be used with any other coupon, promotion or discounts.

**Week of July 3-9**

**FREE Fish Taco with the purchase of any entrée.**



Not to be used with any other coupon, promotion or discounts.



**300 MANNING CROSSING**  
(Manning Crossing Shopping Centre)

**EDMONTON, ALBERTA**  
**TEL: 780.413.8806**

